

The Annual report of the Florida
Council on Training and Research
in Mental Health

Florida. State Board of Health

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A PROGRAM FOR MENTAL HEALTH

TRAINING AND RESEARCH IN FLORIDA

The Annual Report of

THE FLORIDA COUNCIL ON TRAINING AND
RESEARCH IN MENTAL HEALTH

A governmental body created to advise and
consult with the State Board of Health in
carrying out a program of training and
research in mental health.

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* * *

July 1955 - October 1956



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Jacksonville, Florida

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P U R P O S E

To promote the training of mental health personnel.

To encourage research in mental health.

To collect and prepare data on the needs for training and research in mental health.

To encourage coordination of training and research activities to avoid unnecessary duplication.

I N S U M M A R Y

"A big job with ambitious goals" is a phrase which well describes the work of Florida's year-old Council on Training and Research in Mental Health. Created by an Act of the Florida Legislature during its last regular session, the Council, a body of eleven professional and lay citizens serving without compensation, advises and consults with the State Board of Health on mental health matters.

Although fundamentally concerned with the granting of training and research stipends and scholarships, for which a biennial appropriation of \$250,000 was made, the Council has not viewed its functions narrowly.

Its main concerns are admittedly long range. Appalling shortages of trained personnel in the fields of psychiatry, psychology, psychiatric nursing, and psychiatric social work have spurred this body to seek diligently for qualified applicants for internships and scholarships in these areas. Response has been good and a number of grants for advanced professional training have already been made. These will be detailed on the following pages.

Wholeheartedly adopting the premise that an all-out research attack on mental illness is an insistent must, the Council has made special effort to use wisely the small portion of the fund designated for research. Already two promising projects have received support.

Recognizing the importance of training for professional people already in service, support has been given to a mental health training workshop for nurses. Skilled conference leadership successfully conveyed to the nurses in attendance effective ways of meeting the needs of the mentally ill and their families. Other such courses of study are planned for the future.

Encouraged by Governor LeRoy Collins, the Council has undertaken, with the cooperation of the State Board of Education, a study of ways to develop a program of guidance in Florida school systems as part of a many-sided approach aimed at the prevention of mental illness. In addition, the group maintains informal contact with the Joint Interim Committee on Mental Health of the Florida Legislature, and has assisted the Governor's office on matters pertinent to mental health problems of the state.

Florida's Mental Health Training and Research Council is a useful tool to good state government. As such, it has attracted nationwide attention. It is a new device - dynamic and flexible - well suited to aid in the development of governmental attitudes and practices best calculated to lessen the terrible toll now taken by mental illness.

TRAINING

The first meeting of the Council was called by Governor LeRoy Collins and was held in Tallahassee on August 30, 1955. With the school year about to open there was little hope that the scholarship program could be gotten under way at full steam for the oncoming academic year. Nevertheless, it was felt an attempt should be made to place as many scholarships as possible in order to begin to meet the need for trained mental health workers at as early a date as possible. The following shows what has been accomplished since that time:

PSYCHIATRIC SOCIAL WORK

As of June 1, 1956, Mrs. Maridell M. Conners was employed as psychiatric social work supervisor at the Dade County Child Guidance Clinic at an annual salary of \$6,100. She will serve primarily in a training capacity.

Scholarships for graduate training in psychiatric social work were given to the twenty students listed below. First-year graduate students were each granted \$1,200 scholarships and second-year students received \$2,000. State funds were available annually for seven of the former and six of the latter. All students were enrolled at the School of Social Welfare, Florida State University at Tallahassee with the exception of Mildred E. Hall who took her training at Tulane University, New Orleans.

First-Year Graduate Students1955-56

Jean Helen Dawson, Ft. Lauderdale
 Eugenia F. Eve, Jacksonville
 Mildred E. Hall, Inverness
 Helen G. Niemeyer, Cortez
 Ronald O. Pickens, Chattahoochee

1956-57

Arthur W. Bothmann, St. Petersburg
 Lillian Craig, Ruskin
 David N. Hanson, Jr., Ft. Lauderdale
 Candace Keogh, Jacksonville
 Naomi Knapper, Sarasota
 Donald E. Steiss, Tampa
 Martha Watkins, Sebring

Second-Year Graduate Students1955-56

Florence E. Green, Miami
 Ruth Mayos, Jacksonville
 Charles A. Sproul, DeLand
 Roy E. Swader, Jacksonville

1956-57

Jean Helen Dawson, Ft. Lauderdale
 Eugenia F. Eve, Jacksonville
 Helen G. Niemeyer, Cortez
 Ronald O. Pickens, Chattahoochee

RESIDENCY TRAINING IN PSYCHIATRY

Five physicians were awarded annual stipends of \$3,000 each for training in psychiatry. All are receiving their training at Jackson Memorial Hospital in Miami. State funds were available annually for three psychiatric residencies and two residencies in child psychiatry. The term "residency" refers to the period of advanced specialized training given to physicians.

Stipends for Resident Physicians in PsychiatryFeb.-June 1956

Irwin S. Jacobs, M.D.
 Raymond R. Killinger, Jr., M.D.
 Morton S. Notarius, M.D.

July 1956 - June 1957

Irwin S. Jacobs, M.D.
 Raymond R. Killinger, Jr., M.D.
 Gregory G. Young, M.D.

Stipend for Resident in Child Psychiatry1956-57

Ernest O. Herreid, Jr., M.D.

PSYCHIATRIC NURSING

Miss Annie Laurie Crawford has been employed as psychiatric nursing consultant at a salary of \$6,180 per year beginning January 1957. She will organize and conduct programs of inservice mental health training for practicing nurses in the state, and will be attached to the Florida State Board of Health.

Five annual stipends of \$2,000 each are available for graduate training in psychiatric nursing. Since this training is at present not offered in Florida, the three nurses to whom stipends have been awarded are attending out-of-state schools. These are listed below:

1956-57

Barbara J. Swain, R.N. (Chattahoochee)	Duke University, Durham, N.C.
Margaret Pearson, R.N. (Miami)	Teachers College, Columbia University, N.Y.
Nancy F. Dodge, R.N. (St. Petersburg)	" " " " N.Y.

CLINICAL PSYCHOLOGY

The bill provides for three training supervisors in clinical psychology at a salary of \$7,000 per year. The following have been employed:

Haim G. Ginott, Ed.D. located at Duval County Child Guidance Clinic
 Gerald A. Reynolds, Ph.D. located at Escambia County Child Guidance Clinic
 Murray J. Heiken, Ph.D. located at Dade County Child Guidance Clinic in
 cooperation with the Jackson Memorial Hospital.

The Council has received no applications for the six stipends offered to third and fourth year students in clinical psychology.

INSERVICE TRAINING

The Council sponsored for Florida nurses a three-day workshop devoted to the development of a basic understanding of human emotional adjustment and interpersonal relationships so important in serving the mental health needs

of the patient and nurse alike. This training opportunity was organized by the Division of Public Health Nursing in the State Board of Health and conducted by a skilled staff of consultants and teachers. It was attended by 36 public health nurses and four institutional nurses and was thought to have been a most successful venture.

Council funds in amount of \$2,450 were provided to underwrite this and other similar inservice programs for nurses.

R E S E A R C H

Although much more must be done, progress toward the research objectives of the Council was furthered by two accomplishments:

- I. The establishment of a grant program to support research in mental health.
- II. A survey of research potential in Florida organized cooperatively by the Southern Regional Education Board and the Council, and financed by Southern Regional Education Board funds.

* * *

I. Grants were made to:

1. Samuel Gertman, M.D., Instructor in Clinical Medicine, University of Miami, in amount of \$4,000 for the purpose of studying a group of elderly patients in Jackson Memorial Hospital Geriatric Clinic and a control group to determine the value of an intensive program by a group of workers including physiotherapists, occupational therapists, recreational workers, social workers, psychologists and psychiatrists to rehabilitate the senile and mentally ill aged.

2. Maurice H. Greenhill, M.D. and Charles Ward, M.D., members of the staff of Jackson Memorial Hospital in Miami, for equipment to be used in carrying on investigations in neurochemistry and neurophysiology related to schizophrenia and manic-depressive states.

II. In order to plan wisely for future expenditure of research funds, the Council and the Florida State Board of Health requested the Southern Regional Education Board to sponsor a study of mental health research facilities, needs and potentials in the State. In May the following committee of distinguished scientists undertook the survey and presented its findings to the Council: Dr. Nicholas Hobbs, Chairman, Division of Human Development and Guidance, George Peabody College; Dr. William G. Hollister, Senior Surgeon and Regional Mental Health Consultant, U. S. Public Health Service; Dr. William Malamud, Head, Department of Psychiatry and Neurology, Boston University; Dr. Morris S. Schwartz, Sociologist and Consultant for St. Elizabeth's Hospital, Washington, D.C; and Dr. Cecil L. Wittson, Chairman, Department of Neurology and Psychiatry, University of Nebraska. Their recommendations were as follows:

"Our suggestions grow out of a conviction that strong programs of research, if used to produce new knowledge and to train research specialists, are the best investments a state can make in mental health. We want Florida to gain the benefits that such research programs can bring. Our suggestions follow:

1. "We suggest that the Florida Council on Training and Research in Mental Health be clearly given responsibility to advise with all state agencies and institutions. An effective research program requires collaboration of many agencies, institutions and people. The Council can encourage such collaboration best if it has authority to advise all pertinent groups and agencies. Until a change in legislation can be obtained, we suggest that the Council appoint a research sub-committee of professional people from such groups and agencies to advise it on research opportunities and resources.
2. "We suggest that the Florida Council be provided with funds for an executive secretary to make studies and recommendations for its approval. We suggest further that funds for research be increased to at least \$100,000 a year. These funds should be used primarily for research people, though some should be granted for research

projects. Research investigators of high quality, supported by Council funds, should be employed by the University of Miami, Florida State University, and the University of Florida. One research investigator could serve both the Department of Institutions and the State Board of Health. Men in these positions could repay their cost many times over. Support from the Council would prevent the investigators from being submerged in demands for service.

3. "We strongly suggest to the governor, the legislature, the Council, and the University of Florida, that they make strenuous efforts to provide the University of Florida with the \$500,000 needed to build the psychiatric floor at the University of Florida teaching hospital. Psychiatrists are badly needed in mental health research. But, unless medical students have strong instruction in psychiatry, they are unlikely to choose that specialty. Florida's needs in mental health programs are so great that we suggest that the medical schools at both universities place a heavy emphasis on psychiatry, with a goal of encouraging as much as 20 per cent of the medical school graduates to enter that field."

"Suggested Principles for the Development of Mental
Health Research in Florida"

1. "Research, service, and training should be integrated in an overall developmental program. Since research depends so heavily on the quality of professional personnel available, it is recommended that the Council sustain a continuing program for the development of research personnel. Wherever feasible, research projects and programs should have training as an integral part of their purpose. Provision of research fellowships is one way in which this could be done.
2. "Research projects and programs should be assured of support over a sufficient period of time to permit careful planning and to allow the emergence of substantial results.
3. "It is suggested that state funds be put into pioneering projects and people in order to develop programs that can attract foundation and federal funds.
4. "An effort should be made to develop a few major research programs focusing on problems of particular concern to the state or on areas where unique opportunities exist because of special competence and facilities. Geriatrics might be one such program area.

5. "Since research in mental health involves a wide range of problem areas, it would be most advisable to emphasize coordinated research efforts involving (1) the several core disciplines and their basic sciences and (2) the operating agencies and institutions outside of the universities. Major research programs should be mounted from the universities.
6. "Research thrives on communication. In order to maintain a research program that is both interdisciplinary and statewide, explicit provision in the form of earmarked funds should be provided for research conferences. These conferences should bring together people working on specific problems to discuss technical aspects of their work and they should also bring together administrators, investigators, and service personnel for discussion of more general problems of research design, conduct, and administration.
7. "It is recommended that the Council encourage the development of one or two specialized research libraries, as in the field of gerontology, which would be a major regional as well as state resource in mental health research.
8. "Since programs for the training of psychiatrists are just being initiated in Florida, it is suggested that curriculum studies be initiated to find ways of improving the research training of psychiatrists.
9. "We urge the Council to continue its use of regional and national resources in research planning. We believe that specialized research consultation can be used to increase significantly the research potential of the state.
10. "Research in psychology in the state offers special problems of a different character from those that will be encountered in the development of psychiatric research. It is believed that the research potential of the departments of psychology in the universities, of Moosehaven, of the Yerkes Laboratory and of other agencies is not being fully realized. We were unable in the time available to study the situation with sufficient care to make specific recommendations. However, we believe that the problem is so important that the Council should give further study to ways of stepping up research in psychology. Possibly solutions could be found through a conference of key people involved.
11. "We were impressed by a number of research activities and potentials for research which fall outside of customary patterns but which seemed very important to encourage or develop. Among these are the studies of patterns of school administration at the University of Florida, the investigations of mongolism and other forms of mental deficiency at the Florida Farm Colony, the state program for the rehabilitation of alcoholics, and others of similar interest. We suggest that the Council should be alert for opportunities to encourage such research."

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S U R V E Y S a n d S T U D I E S

The Council has been called upon by the office of the Governor and other state agencies on a number of occasions to advise on matters pertaining to mental health. Thus the Council was consulted on matters concerning the proposed Northeast Florida Mental Hospital and the psychiatric floor of the new teaching hospital at the University of Florida Medical School.

The Council provided funds for the calling of a three-phase conference on school mental health. The Council felt that this was the best way in which to satisfy a request from the Governor's office for advice on the feasibility of establishing a program for Florida schools which would contribute significantly to the maintenance of good mental health in the population. To this end a series of working conferences were held, in which consultants on school guidance programs were brought from outside the state to meet with representatives of the State Department of Education, State Board of Health and other interested groups to plan an adequate guidance program for the schools of Florida.

Phase I consisted of two meetings: one held in Tallahassee by individuals in the Department of Education concerned with the school health program, and the other held in Jacksonville by those persons in the State Board of Health concerned with the school health and the mental health programs.

Phase II meeting was held in Jacksonville and involved the use of a group of consultants, appropriate members of staffs of the Department of Education, State Board of Health and the Council.

Phase III was sponsored by the Committee on Mental Health of the Florida Medical Association and was a statewide conference held in Jacksonville on October 26.

These conferences resulted in proposals for the establishment of a guidance program in Florida schools. This program will be presented for legislative approval by appropriate state agencies.

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